



# “Become Best Friends in Fitness”

## Fitness Facts:

- 40% of dogs are overweight [AVMA]
- 67% of Americans are overweight [CDC]
- Being fit leads to a longer lifespan, a stronger heart, and less stress
- People who exercise with their dogs are more successful at staying fit than non-dog owners [Prevention Magazine]



# Fido's Fit Club

Promoting healthy lifestyles for dogs and their people.



**Where:** Crowley Park in Dearborn  
(this is a trial program)

**When:** Two alternating Saturdays of each month, June through October

**Time:** 8:00 a.m. to 10:00 a.m.

**Cost:** One-time fee of \$50  
(includes monthly weigh-in, fitness tracking, exercise tips, and much more!)

**To register:**  
Visit [www.DearbornAnimals.org](http://www.DearbornAnimals.org),  
or call (313) 943-2697

**Why:** A longer, healthier life for you and your best friend!

In Partnership with:

